



GLOW Green St. Patty's Day Smoothie Guide

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GLOW NATURAL WELLNESS

Embrace some of the luck of the Irish with this St. Patrick's Day inspired smoothie recipe guide.

Whether you enjoy one "top of the mornin'" or after a workout, you'll love the variety and flavors in each smoothie. Each recipe is packed with protein, essential vitamins, minerals, and antioxidants to help keep you feeling your best all season long. Celebrate St. Patrick's Day by treating yourself to one (or all) of these delicious and nutritious smoothies.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. While I am a doctor, I am not your doctor, which means I cannot and do not provide medical advice through my programs, products, and services. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Lucky Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Frozen Mango
2 Lime (juiced)
2 cups Baby Spinach (packed)
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
3 1/2 cups Water

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favorite protein powder.

Green Smoothie Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Ice Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

DIRECTIONS

01 Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Liquid Gold Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado (peeled and pitted)
2 Banana (frozen)
2 tbsps Cocoa Powder
2 1/2 cups Unsweetened Almond Milk
1 tbsp Maple Syrup
2 cups Baby Spinach

DIRECTIONS

01 Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Green Pineapple Ginger Smoothie with Aloe

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
44 milliliters Pure Aloe Juice
1/2 cup Kale Leaves (finely chopped)
2 tsps Ginger (peeled and grated)
1 cup Frozen Pineapple (chunks)
1/2 Avocado (fresh or frozen)
4 Ice Cubes

DIRECTIONS

- 01 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 02 Add remaining ingredients and blend until smooth. Serve immediately.

NOTES

NO ALOE JUICE

Use fresh aloe leaf gel or coconut water instead.

LIKES IT SWEET

Add raw honey to taste.

Creamy Mango Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Mango (peeled, chopped)
1/16 head Green Lettuce (separated into leaves and washed)
1 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1/4 tsp Cardamom (ground)

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

NUT-FREE

Use cow's milk or any other milk alternative.

MORE FLAVOR

Add protein powder, chia seeds, hemp seeds, or ginger.

Fruity Kiwi Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Kiwi
1 cup Pineapple (fresh or frozen)
1 cup Kale Leaves
1/2 cup Unsweetened Coconut Yogurt
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water
4 Ice Cubes

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately one cup.

MORE PROTEIN

Add protein powder, collagen powder, hemp seeds, or chia seeds.

Green Lemonade Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Banana (frozen)
1 cup Frozen Pineapple
1 cup Kale Leaves (chopped)
3/4 cup Water
1/4 cup Lemon Juice (freshly squeezed)

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE FLAVOR

Add a pinch of salt, fresh ginger, or maple syrup to taste.

MORE VEGETABLES

Add frozen cauliflower or zucchini.

NO KALE

Use spinach instead.

MORE FIBER

Add chia seeds or ground flaxseed.

Citrus Avocado Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/2 Avocado
1/3 Cucumber (medium)
1 Lime (juiced, zested)
4 Ice Cubes
Sea Salt & Black Pepper (to taste, optional)

DIRECTIONS

01 Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE FLAVOR

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

Pineapple Cucumber Smoothie

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Pineapple (fresh or frozen)
1 cup Baby Spinach
1/2 cup Water
1/4 Cucumber (roughly chopped)
1 1/2 tsps Lemon Juice
1 1/2 tsps Chia Seeds (optional)
1 tsp Ginger (fresh, grated, optional)

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/2 cups.

LIKES IT SWEET

Add honey, dates, or another sweetener of choice to taste.

MORE PROTEIN

Add collagen powder or hemp seeds.

NO BABY SPINACH

Use kale instead.

PINEAPPLE

If using fresh pineapple add ice cubes for a colder smoothie.

Cucumber, Mango & Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Frozen Banana
1/2 cup Frozen Mango
1/4 Cucumber (medium, chopped)
1 cup Baby Spinach
2 tbsps Almond Butter
1/2 tsp Cinnamon
1/4 cup Vanilla Protein Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NO ALMOND MILK

Use another plant-based milk such as cashew or oat.

NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Mango Mint Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Plain Coconut Milk
(unsweetened from the carton)
1 cup Frozen Mango
1/4 Avocado
1 cup Baby Spinach
2 tbsps Mint Leaves (stems removed)
1/2 Lime (juiced)
19 grams Collagen Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Mango Coconut Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Coconut Water (or water)
1/2 Banana (medium)
2 cups Baby Spinach
1 cup Frozen Mango
1 cup Frozen Pineapple

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, protein powder, or ground flax.

Cinnamon Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Oat Milk (unsweetened, plain)
2 Banana (medium)
2 cups Baby Spinach
1/16 head Green Lettuce (separated into leaves and washed)
1/2 cup Vanilla Protein Powder
1/2 tsp Cinnamon

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

LEFTOVERS

Bets enjoyed immediately. Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add grated ginger.

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds instead.

Pineapple Kiwi Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Pineapple (chopped, fresh or frozen)
1 Kiwi (peeled)
1/16 head Green Lettuce (separated into leaves and washed)
1 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

NUT-FREE

Use cow's milk or any other milk alternative.

MORE FLAVOR

Add protein powder, chia seeds, hemp seeds, honey, or mango.

Banana Orange Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO FROZEN CAULIFLOWER

Omit or use zucchini or more apple instead.

ORANGE JUICE

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Green Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Pineapple
1 cup Baby Spinach
3/4 cup Water
1/2 Apple (peeled and chopped)
1/4 Cucumber (chopped)
1/2 Lime (juiced)

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NO SPINACH

Use kale instead.

CONSISTENCY

For a thicker smoothie add some ice cubes.

High Fat Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water (cold)
2 tbsps Lemon Juice
1 cup Baby Spinach
1/2 Avocado (frozen)
1/4 cup Mint Leaves (fresh, roughly chopped)
1 tsp Ginger (fresh, roughly chopped)

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

LIKES IT SWEETER

Add frozen banana, pineapple or apple.

MORE PROTEIN

Add protein powder or collagen powder.

NO MINT

Use cilantro or basil instead.

Tahini Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Water
1 1/2 cups Baby Spinach
1/4 Avocado
1/4 Zucchini (diced, frozen)
1/2 Banana (frozen)
1 tbsp Tahini
1 tsp Ginger (fresh)
1 tbsp Chia Seeds

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE PROTEIN

Add a scoop of protein powder or collagen.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

NO FROZEN ZUCCHINI

Use fresh zucchini.

NO FRESH GINGER

Use a pinch of dried ginger instead.

NO CHIA SEEDS

Omit or use flax seeds instead.

EXTRA CREAMY

Replace the fresh avocado with cubed, frozen avocado.

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Bloat-Fighting Tropical Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add raw honey.

MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

NO PAPAYA

Use extra pineapple or other fruit like mango or oranges.

Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHIA SEEDS

Use flax seed instead.

NO PROTEIN POWDER

Use hemp seeds instead.

Mango Green Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (frozen)
1 cup Frozen Mango
1 cup Baby Spinach
1/4 cup Vanilla Protein Powder
3/4 cup Unsweetened Almond Milk
1/2 Kiwi (peeled and sliced)
1/2 cup Blueberries (fresh or frozen)
1 tbsp Hemp Seeds

DIRECTIONS

- 01 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 02 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

NOTES

TOPPING IDEAS

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

TURN IT INTO A SMOOTHIE

Add more almond milk for a thinner consistency.

Coconut Matcha Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2/3 cup Canned Coconut Milk (full fat, refrigerated overnight)
1 1/2 cups Unsweetened Almond Milk
2 Banana
2 cups Baby Spinach
2 tbsps Hemp Seeds
2 tsps Green Tea Powder (matcha)

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth.
- 02 Divide between glasses. Top with any leftover coconut cream and enjoy!

NOTES

NO COCONUT MILK

Replace coconut milk with more almond milk.

MORE PROTEIN AND FIBRE

Add ground flax seed.

Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Vanilla Protein Powder
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

Tropical Matcha Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Zucchini (chopped and frozen)
1 cup Pineapple (fresh or frozen)
3 cups Baby Spinach
2 tsps Green Tea Powder
1/4 cup Hemp Seeds
2 cups Unsweetened Almond Milk

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add honey or pitted dates.

MORE PROTEIN

Add vanilla protein powder.

Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
1/2 Cucumber
1 Lime (juiced)
1 Lemon (juiced)
1 Apple (skin removed and diced)
1 1/2 cups Frozen Mango
2 cups Water

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/4 cup Frozen Broccoli
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Canned Coconut Milk (full fat)
1/4 cup Vanilla Protein Powder
1 tbsp Coconut Butter

DIRECTIONS

01 Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.

Orange Matcha Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (from the carton)
1 Navel Orange (peeled)
1/2 cup Frozen Banana
1/4 cup Vanilla Protein Powder
1 tsp Green Tea Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

NO COCONUT MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Add spinach or kale before blending.